



Gift Guide

Giving More than a Meal

Since 2015, 1JustCity has been loving the underloved. Through the work of our member charities – Oak Table (est. 1980), the West End Drop-In (est. 1972) and West Broadway Community Services (est. 1979) – every year we help over 15,000 people experiencing poverty, homelessness, mental health struggles, addiction, hunger or loneliness.

Dear Friends,

You have made it possible for guests at 1JustCity to be nourished in so many ways: food, the opportunity to connect with others, and activities that give meaning and provide dignity and fulfillment in their lives. Your support brings practical solutions to very real, immediate needs.

You make it possible for guests at 1JustCity to eat, shower, do their laundry, find housing, or find shelter from the cold. You provide food to the hungry seven days a week. Your support impacts the lives of thousands of people in our city each year.

You give Survivors of Residential School a safe and welcoming place to learn about their culture and be supported in their healing journey. You give guests a place to gather, a place to make friends, feel accepted, and build community.

Your gift has power and gives power to those who are underloved and underserved. Your gift helps build the capacity people need to take steps towards a better life. You are changing lives, one gift at a time. Thank you for caring and loving.



Glynis Quinn
Executive Director
1JustCity

P.S. Please consider passing this gift guide on to a friend or family member. You can access the guide as well as more information about each service at 1justcity.ca/gift-guide.

Your support can help fill an emergency pantry to provide basic food items.



Nourish your Neighbours

Food is the cornerstone of life. With your help, we can provide guests with the meals they so desperately need to make it through another day - and then help them access sustainable food sources so every day is not an emergency.

You can join us in nourishing our neighbours in need.

- Provide nourishment for one person for a week **\$34**
- Provide emergency/supplemental food for four people **\$56**

I want to contribute to the food fund to use where it's needed most:

- \$100**
- \$250**
- \$500**
- Other** _____

Your support can help provide over 80,000 meals.





You can help someone who is isolated make friends and feel included in their community.



Connections And Community

For many of us, evenings are often spent connecting with friends and family. Unfortunately, evenings are very long and isolating for our guests. Our evening activities give them the opportunity to create their own circle of friends and build trust and community to drive away the lonely times. It also bridges the time between our daytime drop-in and our overnight shelter.

You can provide meaningful experiences for our guests.

- Host a book club for five people** **\$70**
- Host a movie night with snacks** **\$100**
- Host a karaoke night** **\$125**
- Host a cooking class** **\$140**
- Host a bingo night with prizes** **\$150**

Host a cooking class where people learn about food prep and nutrition.



Help build confidence and personal pride in our guests by supporting an art class.

More Than Surviving The Day

When you are constantly looking for enough food to survive, there is nothing else. You lose the moments that make the difference between surviving and living. That is why, in addition to our food programs, our guest activities exist: so people can experience the little joys that make us feel whole.

You can help people take a break from the stress of their reality.

- Provide a beach day for one person** **\$25**
- Send a whole bus to the beach for the day** **\$700**
- Sponsor an individual to attend art class** **\$53**
- Sponsor a group art class** **\$265**

Your support can help people living with poverty experience the joy of a day trip out of the city.



Connecting To Indigenous Culture

Many of our guests are disconnected from their Indigenous culture and unable to heal from past trauma. Our goal is to provide Indigenous-led support to help our guests feel safe to explore who they are, to awaken their spirit and to give them an opportunity to be proud of their culture.

You can join us on the journey of reconciliation by helping us provide culturally appropriate Indigenous programs for our guests.



I want to support the Indigenous-led programs as a step towards reconciliation

\$50 **\$100** **\$250** **Other** _____

You can help bring all of our guests together to appreciate the heritage, culture, and contributions of Indigenous people.

Your gifts can provide a safe place for residential school survivors and those experiencing generational trauma.



You can help ensure our guests attend cultural events and Pow-wows to celebrate their Indigenous heritage.





A Dignified Life

There's no denying how much better a shower, freshly washed clothes or a new haircut can make you feel. By donating, you're helping provide the everyday necessities — including showers, laundry, seasonal clothing, washrooms, haircuts, hygiene items and more — to ensure our guests live a more comfortable, dignified life.

Your support will help transform the lives of our guests.

**I would like to contribute to the
Dignified Life fund**

\$50 **\$100** **\$250** **Other** _____

Your gift can help provide
haircuts and hygiene items.



You can support a pet so they can share unconditional love with their owner.

The Power of Pets

Pets are companions for life. For our guests, pet ownership can provide stability, responsibility and love that is beneficial to their mental health. We provide pet-friendly spaces and supports so our guests are better able to keep their pets in good health – and so their pets, in turn, can provide them with constant love, acceptance and companionship.

Your support will be used for food, vaccinations and unexpected vet bills.

I want to contribute to the pet support fund

\$10 \$25 \$50 Other _____

With your support we welcome guests in need; many who call our site home.



Just A Warm Sleep

Everyone deserves a safe, warm sleep. The Just a Warm Sleep program provides housing support and eviction prevention in addition to our shelter that gives up to 30 people a warm night's sleep from November to March.

Your donation helps guests access the resources they need to get a home, keep a home, and have a safe, warm sleep.

I want to contribute to ensure people have a safe place to sleep.

\$50 \$100 \$250 Other _____



Thanks to your help, we can open this site to provide a safe, warm sleep.

The Joy of Celebration

Celebrations can help make us feel united in joy. At our sites we acknowledge many of the traditional holidays to make sure our guests feel special too, by treating them to a variety of celebrations. This could include a special meal or treat with decorations, music or goodies to take with them.

Be a celebrator and bring the gift of feeling celebrated and special to people who are often ignored and feel they don't belong

- I want to be a celebrator and sponsor a special event for \$500

Help ensure all are able to experience joy by supporting a special event.

We'll do our best to ensure your donation goes where intended but if that need is satisfied it will go where it is needed most.

Place your order today!



MAIL

Complete your gift selection on the enclosed envelope. Include a cheque payable to 1JustCity or credit card information.

ONLINE

Go to 1justcity.ca/gift-guide to choose your gifts through our secure online donation site.

1JustCity is located on Treaty One Territory, the traditional and ancestral lands of the Anishinaabeg, Cree, Oji-Cree, and Dakota peoples, and the homeland of the Red River Métis Nation.

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